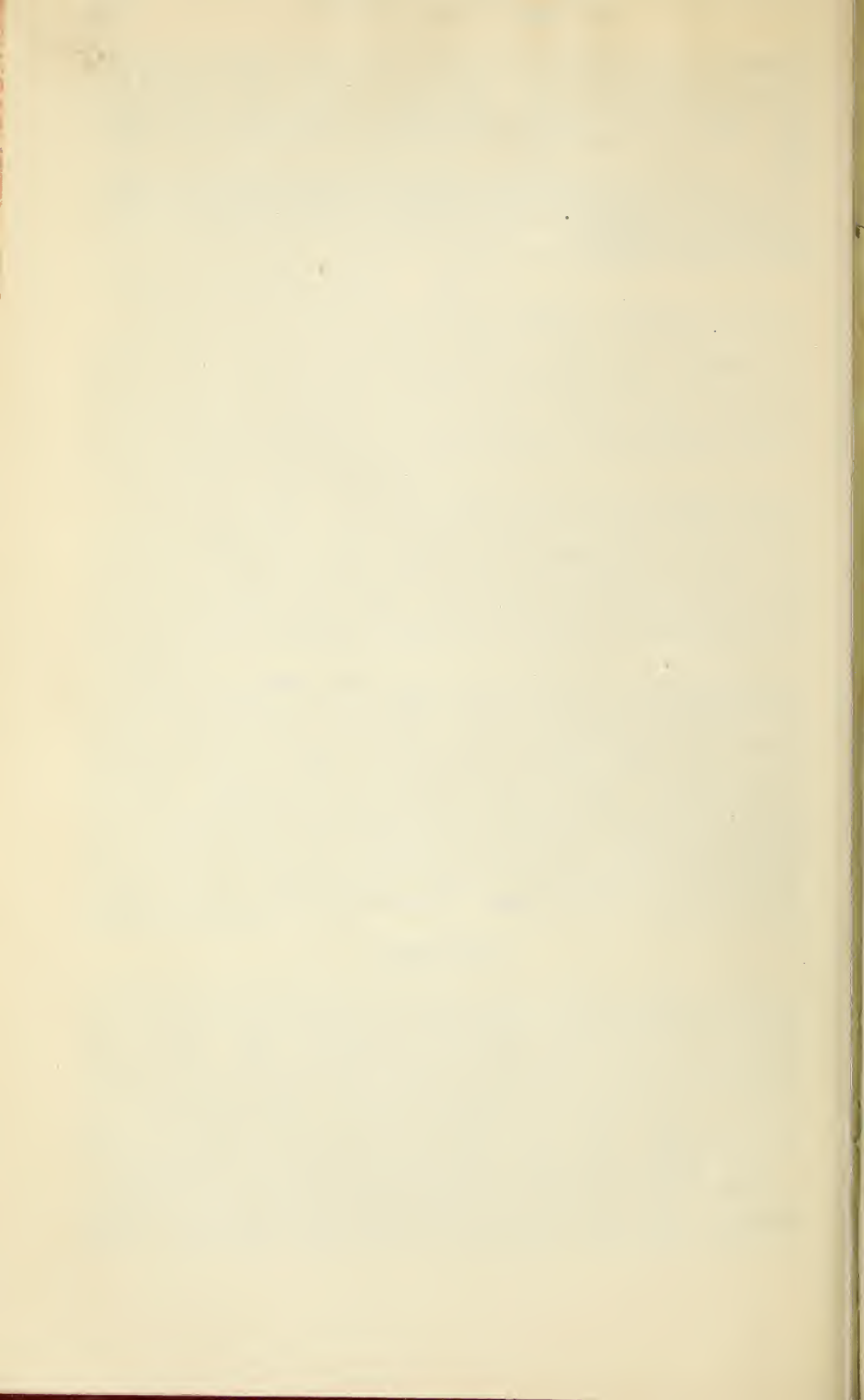


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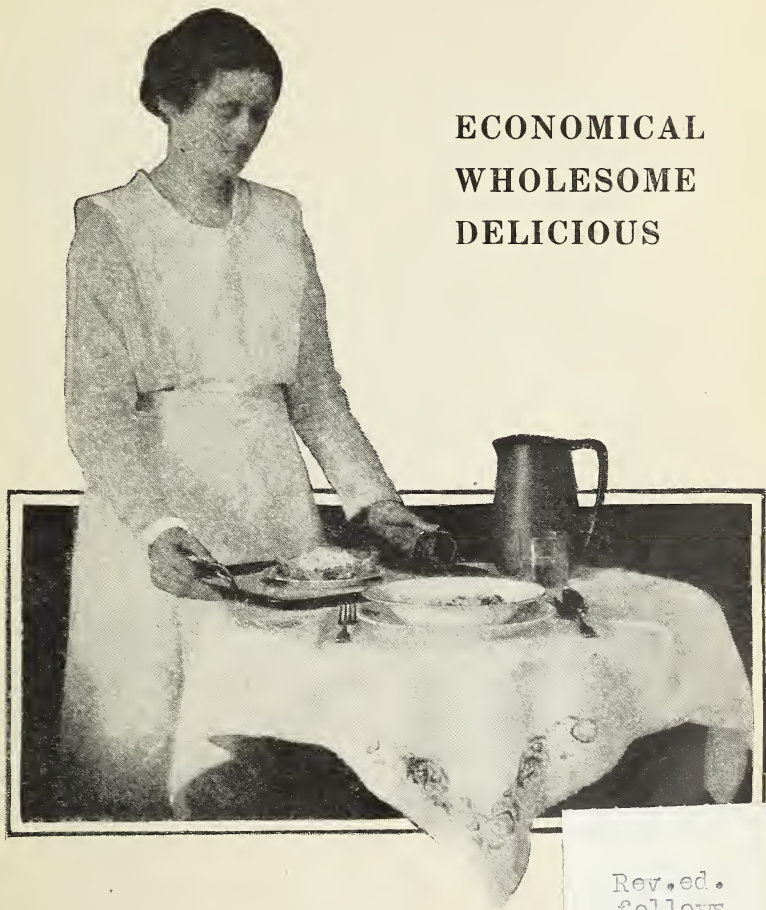
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109  
DAILY DEVIL  
A. L. - U. S. 1

# Cottage Cheese Dishes

ECONOMICAL  
WHOLESOME  
DELICIOUS



Rev. ed.  
follows

UNITED STATES DEPARTMENT OF AGRICULTURE

Circular 109, Office of the Secretary

WASHINGTON, D. C., APRIL 15, 1918

**T**RY COTTAGE CHEESE in these new recipes.  
You will like it and it will cut down your meat  
and egg bills.

More muscle building material is available in a  
pound of cottage cheese than in the same amount of  
either meat or eggs.

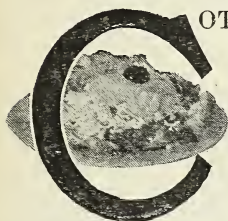
Cottage cheese is a real food that will take the  
place of meat in your menus. Combined with fruits  
or vegetables it may be made into attractive nour-  
ishing dishes.

Cottage cheese is mild in flavor and blends well  
with highly flavored foods. The menus that accom-  
pany the recipes will suggest good food combina-  
tions.

# COTTAGE CHEESE DISHES.

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**COTTAGE CHEESE**, while it has long been known, has been little appreciated. Easy to make, it has often been poorly made and unattractively served. In food value cottage cheese is in the class with lean meat and eggs, being more valuable than either in material that goes to build muscle, blood, and bone.

Cottage cheese in fact is a food that may form an important part of the diet, served either alone or in combination. In soup, sauce, meat-like dish, salad, or dessert, cottage cheese may be well used. As a basis for the main dish of the meal it will materially reduce expenses, appeal to the appetite, and save meat.

Being made from skim milk, which now is either fed to live stock or wasted, cottage cheese makes available directly for human food a valuable but little appreciated dairy by-product.

## UNCOOKED COTTAGE CHEESE DISHES.

### PLAIN COTTAGE CHEESE.

Cottage cheese may be served plain, as the main dish of a lunch-eon or supper in place of cold meat.

*Variations*:—Mix broken nut meats, chopped pimientos, finely cut green peppers, diced cucumbers, or other crisp vegetables with the cheese. Horse radish, onion juice, and parsley make a good combination.

Season dry cheese rather well, pack into a buttered earthen or enamel dish, chill it, turn it out on a platter, and serve it in slices like cold veal loaf.

Mix with the cheese a small quantity of leftover ham or corned beef, finely ground, and season the whole with made mustard. Serve this in slices, or turn the mold out on a border of lettuce leaves.

*Suggested menu*:— Molded cottage cheese; baked potatoes, lettuce, sliced tomatoes or cucumbers; crisp corn pone or oatmeal muffins; tea, coffee, or whey lemonade; fruit and dessert.



**COTTAGE CHEESE WITH CREAM AND SUGAR.**

Use in place of: Meat or eggs for breakfast or supper.

*Variations*:—Add berries, peaches, or other fresh fruits; canned fruits, raisins, cut dates, or other dried fruits; brown sugar, honey, jam or marmalade, or chopped nuts.

*Suggested menu for a summer breakfast*:—Cottage cheese with cream and fruit (cornflakes if desired); toasted Victory bread; coffee. For a heartier meal, include baked or fried potatoes, or a cereal.

**SOUPS AND SAUCES.****SAUCES FOR CREAMED AND SCALLOPED DISHES.**

Cottage cheese sauces are useful for creaming potatoes, eggs, toast, and leftover vegetables, and for scalloping these and other dishes. The cheese materially increases the protein and lime content of the sauce, thickens it somewhat, and, unless the acid is neutralized with baking soda, lends it a slight sour or acid flavor which is desirable in some dishes and undesirable in others. From  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon<sup>1</sup> of soda is necessary to neutralize completely the acid flavor in one cup of cheese. The soda should be dissolved in a little milk or hot water, and blended with the cheese.

**Proportions for White Sauces with Cottage Cheese.**

Consistency.	Milk.	Butter.	Flour.	Salt.	Pepper.	Cheese.
Thin sauce...	1 cup	$\frac{1}{2}$ tbsp	$\frac{1}{2}$ tbsp.	$\frac{1}{3}$ tsp.	Dash	$\frac{1}{4}$ cup
Medium sauce.	1 cup	$\frac{1}{2}$ tbsp.	1 tbsp.	$\frac{1}{3}$ tsp.	Dash	$\frac{1}{4}$ cup
Thick sauce...	1 cup	1 tbsp.	2 tbsp.	$\frac{1}{2}$ tsp.	Dash	$\frac{1}{4}$ cup

*Variations*:—Add 1 tablespoon of grated American cheese and reduce fat by half. Season with cayenne pepper.

Add 1 tablespoon of peanut butter, blended with the cheese.

Mix a little curry powder with the flour used in the white sauce foundation, and add onion juice if desired.

Add a few drops of Worcestershire sauce and some finely chopped parsley.

Add chopped parsley and pimientos; this sauce is especially good for creamed potatoes.

<sup>1</sup>In all cases a level teaspoonful, etc., is meant.

*Method of mixing*:—Make the sauce by any desired method, cook it thoroughly, and cool it slightly before adding the cheese. Stir the sauce gradually into the cheese till well blended, then re-heat carefully. If the cheese is strongly acid it may curdle the sauce unless the acid is neutralized. Avoid boiling the sauce, for this will toughen the cheese and make it more difficult to digest.

Scalloped dishes made with cottage cheese sauce should be placed in a quick hot oven so that the crumbs may brown before the sauce boils.

### CREAM OF COTTAGE CHEESE SOUP.

Make thin cottage cheese sauce (use preceding rule), neutralizing the acid of the cheese with baking soda. Season by reheating with the soup a slice of onion, a small slice of the yellow part of the lemon rind, and a blade of mace or a little nutmeg. No one of these flavors should predominate, and the seasoning should be very delicate. Serve croutons with this soup.

*Suggested supper menu*:—Cream of cottage cheese soup, croutons; fried potatoes and dandelion greens; or, green corn on the cob, and tomato and lettuce salad; toasted corn muffins; tea or coffee; fruit or dessert.

### COTTAGE CHEESE AND PEANUT BUTTER SOUP.

Make thin cottage cheese sauce (see preceding rule), neutralizing the acid of the cheese with baking soda. Blend the peanut butter with the cheese before adding the sauce, using 1 tablespoon peanut butter for each cup of the sauce. Season with a slice of onion, a bit of bay leaf, and a pinch of powdered sage heated with the milk.

*Suggested menu*:—Cottage cheese soup, potato salad with stuffed olives or sweet pickles, corn or graham gems, preserved or fresh fruit, tea or coffee.

## EGG COMBINATIONS.

### SCRAMBLED EGGS WITH COTTAGE CHEESE.

*Proportions*:—For each egg, use 1 tablespoon milk,  $\frac{1}{3}$  teaspoon salt, plenty of pepper, 1 rounding tablespoon cottage cheese, pinch of baking soda, fat to grease pan.

*Method*:—Mix eggs, seasonings, and 1 tablespoon milk for each egg. Scramble eggs as usual in greased pan till entirely cooked. Neutralize acid in cheese with soda, stir lightly into egg. Serve immediately.

*Variations:*—Parsley and pimientos or chives, added to egg.

*Suggested supper or luncheon menu:*—Scrambled eggs with cottage cheese; baked potatoes, dandelion or lettuce salad, or sliced tomatoes; barley muffins, tea or coffee, fruit sauce.

#### CREAMY EGGS WITH COTTAGE CHEESE.

1 cup milk.	1 tablespoon butter.
1 tablespoon flour.	$\frac{1}{8}$ teaspoon pepper.
4 eggs.	$\frac{1}{2}$ teaspoon salt.
1 cup cottage cheese.	Paprika.
$\frac{1}{4}$ teaspoon soda.	Parsley or pimientos.

Make a thick sauce with the milk, flour, butter, and seasonings. Cook 5 minutes and pour gradually on the cheese, which has been neutralized with the soda dissolved in a little of the milk. When



Fig. 1.—Cottage cheese sausage is an appetizing breakfast dish.

the cheese and sauce are well blended, return them to the top of the double boiler and reheat over hot water. Beat the eggs slightly, pour them into the warm sauce, and mix well. As the mixture sets in a soft custard on the bottom and sides of the boiler, scrape it up carefully, forming large soft curds. The mixture is cooked when it is of a creamy consistency throughout. This quantity will serve eight or more people.

#### COTTAGE CHEESE OMELET.

2 eggs.	1 tablespoon chopped pimientos.
$\frac{1}{4}$ teaspoon salt.	
3 rounded tablespoons cottage cheese.	2 tablespoons milk.
	$\frac{1}{8}$ teaspoon soda.

Beat the yolks and whites of the eggs separately. Add to the yolks the salt, the milk and the cheese with which have been blended the pimientos, finally fold in the stiffly beaten whites; pour into a hot frying pan in which has been melted about  $\frac{1}{2}$  tablespoon fat. Cook the omelet slowly until the egg has set, place in the oven for



a few moments to finish cooking and fold over in the center. Garnish with parsley. Other seasoning may be used, such as chopped parsley, green pepper or minced ham.

### SCALLOPED EGGS WITH COTTAGE CHEESE.

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 6 hard cooked eggs.               | 1 cup white sauce.                |
| $\frac{1}{2}$ cup cottage cheese. | 1 sweet red pepper cut in strips. |

Cut the eggs into quarters and place about one-fourth of the amount in a buttered baking dish. Cover this layer with sauce into which the cottage cheese has been folded and sprinkle over it a layer of sliced green or red sweet pepper. Repeat until the dish is full. Sprinkle bread crumbs on top, dot with butter and brown in a hot oven.

### MEAT-LIKE DISHES.

#### COTTAGE CHEESE SAUSAGE.

- |   |                                       |
|---|---------------------------------------|
| 1 cup cottage cheese.                   | $\frac{1}{2}$ teaspoon powdered sage. |
| 1 cup dry bread crumbs, or              | $\frac{1}{2}$ teaspoon thyme.         |
| $\frac{1}{2}$ cup cold cooked rice,     | 1 tablespoon milk.                    |
| and $\frac{1}{2}$ cup bread crumbs.     | 1 teaspoon salt.                      |
| $\frac{1}{4}$ cup peanut butter, or 2   | $\frac{1}{4}$ teaspoon pepper.        |
| tablespoons savory fat.                 | $\frac{1}{3}$ teaspoon soda.          |
| $\frac{1}{4}$ cup coarsely chopped pea- | 1 tablespoon finely chopped           |
| nut meats.                              | onion.                                |

The bread crumbs may be made from leftover corn, barley or other quick breads.

Cook the onion in the fat until tender but not brown. Dissolve the soda in the milk and work into the cheese. Mix all other dry ingredients thoroughly with the bread crumbs. Blend peanut butter and onion with the cheese, and mix with them the bread crumbs. Form into flat cakes, dust with bread crumbs or cornmeal, and fry a delicate brown in a little fat in a hot frying pan.

*Variations:*—To utilize leftover cereals, use one cup of cooked rice, oatmeal or cornmeal mush with  $\frac{3}{4}$  cup of bread crumbs.

Dry corn meal or finely ground oatmeal may be used for stiffening the above mixture, but in such case it is better to form into a loaf and bake it in the oven about 25 minutes.

Other seasonings may be used in place of the above.

The amount of liquid will vary in every case. The mixture should be very stiff, since the cheese tends to soften it during the cooking.

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NOTE.—Where bread crumbs are called for, they may be made from leftover quick breads, or rice may be substituted by somewhat reducing the amount of liquid used.

*Suggested breakfast menu*:—Orange or grapefruit; cottage cheese sausage; corn bread or toasted Victory bread; coffee. For a heartier meal, include creamed potatoes.

#### COTTAGE CHEESE LOAF, No. 1.

1 cup cooked rice (dry and flaky).	1 tablespoon chopped onion.
1 cup cottage cheese.	1 tablespoon savory fat or drippings.
$\frac{1}{2}$ cup ground peanuts.	$\frac{1}{4}$ teaspoon soda.
1 cup bread crumbs (or more).	1 cup strained tomato.

Mix well and form into a roll. Brush over with melted butter and bake in a moderate oven 25 minutes. Serve with a medium white sauce to which may be added 2 tablespoons minced pimientos.

#### COTTAGE CHEESE LOAF, No. 2.

2 cups cottage cheese.	$\frac{1}{2}$ cup chopped peanuts.
1 cup leftover cereal.	1 teaspoon onion juice.
1 cup bread crumbs (dried in oven).	A pinch of sage.
4 tablespoons peanut butter.	Salt, cayenne and paprika.
	Liquid, if necessary, to mix.

Form into a loaf and bake in a hot oven 20 or 25 minutes or until brown. Or bake in a greased bread tin and turn out on a platter. The cracklings left from tried-out fat or partially tried-out ground suet may be used in place of peanut butter.

#### PIMIENTO AND COTTAGE CHEESE ROAST.

2 cups cooked cereal (rice, etc.).	$1\frac{1}{8}$ teaspoons salt.
1 cup cottage cheese.	$\frac{1}{4}$ teaspoon soda.
1 cup dry bread crumbs.	$\frac{1}{4}$ teaspoon pepper.
3 pimientos (chopped fine).	Liquid, if necessary.

Blend all together very thoroughly, making the mixture very stiff. Form into a roll and bake about 25 minutes, basting from time to time with savory fat or meat drippings if necessary.

## COTTAGE CHEESE LOAF WITH BEANS OR PEAS.

1 cup cottage cheese.	2 tablespoons chopped onion,
$\frac{1}{4}$ teaspoon soda to neutral- ize acid.	or $\frac{1}{2}$ teaspoon onion juice.
2 cups cooked beans.	2 tablespoons savory fat.
1 cup boiled rice (dry).	Chopped celery or celery salt,
1 cup dry bread crumbs (corn or Victory bread).	or pimientos, or Worcester- shire sauce, or mixed poul- try seasoning.

Peas and small lima beans may be used whole. Mash larger beans or put them through the meat chopper. Mix beans, cheese, bread crumbs and seasoning together well and form into a roll. The roll should be mixed very stiff, for it will become much softer on heating. Bake it in a moderate oven, basting occasionally with a well flavored fat. Serve with tomato or other sauce.

*Suggested dinner menu:*—Cottage cheese loaf made with dried lima beans; fried onions, buttered carrots, dandelion greens, spinach, or green salad; oatmeal bread; coffee; apple or berry Liberty tart (i. e., a one-crust pie with crust made of 50 per cent corn meal, and served with cottage cheese on top).

## COTTAGE CHEESE AND NUT LOAF.

2 cups cottage cheese.	1 tablespoon fat.
1 cup chopped nuts (use local nuts if possible).	Salt, pepper.
1 cup cold leftover cereal (any kind).	$\frac{1}{3}$ teaspoon soda or more to neutralize acid.
1 cup dry bread crumbs, (corn or Victory bread).	Poultry seasoning or mixed herbs.
2 tablespoons chopped onion.	Worcestershire sauce, or kitchen bouquet if desired.
or $\frac{1}{2}$ teaspoon onion juice.	

Mix all ingredients together thoroughly and bake in a buttered pan in a hot oven till top and sides are well browned over. Turn out on a hot platter. Serve with a brown or tomato sauce if desired.

*Variations:*—This loaf is particularly good made with peanuts. Substitute for the cup of chopped nuts in the rule above, 2 tablespoons of peanut butter and  $\frac{1}{2}$  cup of coarsely chopped nuts, and season with  $\frac{1}{2}$  teaspoon of ground sage or with 1 teaspoon of mixed poultry seasoning.

Where walnuts are used, pimientos make a good garnish.

*Suggested menu*:—Cottage cheese loaf, mashed potato, string beans or spinach, radishes, dressed lettuce, or green onions, barley bread, jam tart, coffee.

#### BAKED SOY BEAN LOAF.

Chop 2 cups of boiled beans with three pimientos, add  $\frac{1}{3}$  cup of cottage cheese, 1 teaspoon of salt and a little pepper. If the mixture is too dry to shape into a loaf, add liquid from beans or pimientos to moisten. Shape into a loaf, and bake in a moderate oven, basting frequently with butter and water.

#### BAKED COWPEAS AND CHEESE.

- |   |  |
|---|--|
| 1 tablespoon butter.                                      | 2 cups cooked cowpeas.                                 |
| 1 tablespoon finely chopped onion.                        | $\frac{1}{2}$ cup cottage cheese.                      |
| 1 tablespoon finely chopped sweet green pepper or celery. | $\frac{1}{8}$ teaspoon soda to neutralize, if desired. |

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper or celery in the butter or other fat, being careful not to brown, then add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter or other fat and water. Serve hot or cold like meat.

#### COTTAGE CHEESE BALLS.

- |   |  |
|---|--|
| $\frac{1}{2}$ cup thick white sauce,<br>made from $\frac{1}{2}$ cup milk, 2<br>tablespoons flour, 1 table-<br>spoon fat, salt and pepper. | 2 cups cottage cheese.<br>2 cups mashed potatoes.<br>1 egg, beaten.<br>Bread crumbs. |
|---|--|

*Method*:—Make white sauce. Gradually beat cottage cheese into it. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten egg, then in bread crumbs again. Fry in kettle of deep fat until a golden brown. These cheese balls are delicious served with tomato sauce.—Wyom. St. Agr. Col.



**BAKED BREAD AND CHEESE.**

4 medium slices of bread, or	Butter.
2 cups cold cooked rice (dry).	1 cup cottage cheese.
1 egg.	$\frac{1}{4}$ teaspoon soda.
1 egg yolk or an egg white.	$\frac{1}{2}$ teaspoon onion juice.
2 cups milk.	Parsley and pimienta, or
$\frac{1}{4}$ teaspoon salt.	piccalilli or chili sauce;
Cayenne pepper.	nuts if desired.

Butter the bread and cut the slices in squares or diamonds. Place a layer, buttered side down, on the bottom of a large shallow buttered baking dish. Dissolve the soda in a little of the milk, and with it mix the cheese to a soft cream. Add parsley and pimienta or sauce if desired. Spread a thick layer of the cheese lightly over the bread, and cover with the rest of the bread, buttered side up. Beat the eggs well, mix them with the milk and seasonings, and pour them over the bread. Bake in a slow oven till a knife thrust into the custard comes out clean. If the milk is warmed and added gradually to the beaten egg, and the baking dish is set in a pan of hot water, the custard cooks more quickly and is less likely to curdle through becoming overheated.

*Variations*:—Corn muffins, barley or oatmeal bread may be used instead of white bread. This dish may be made into a hearty sweet pudding by omitting the onion juice and other seasonings, and substituting 2 to 3 tablespoons of sugar, or an equivalent sugar substitute, and raisins or dates, nutmegs or cinnamon, with other spices if desired.

*Supper or luncheon menu*:—Baked bread and cheese, green salad or crisp fresh vegetable, toasted corn muffins, coffee or Russian tea, fresh or canned fruit. For a heartier meal, add baked or hashed brown potatoes.

**POTATO DISHES.****CHEESE AND POTATO CROQUETTES.**

1 cup cottage cheese.	$\frac{1}{4}$ teaspoon soda.
2 tablespoons chopped parsley.	$\frac{1}{2}$ teaspoon salt.
1 rounding teaspoon chopped green pepper.	Dash of cayenne.
	Dash of paprika.

Mix these ingredients very thoroughly and form into small rolls. Then imbed the rolls in mashed potatoes which have been seasoned with salt and pepper, forming a larger roll of each. Roll the finished croquettes in egg and bread crumbs and fry in a pan containing about 1 tablespoon of hot fat or brush with melted fat and brown in a hot oven.

**HASHED BROWN POTATOES WITH COTTAGE CHEESE.**

Chop cold boiled potatoes fine and season them well with salt, pepper, and onion juice. Mix with them enough milk to help them brown when turned upon a hot frying pan lightly greased with savory fat, and cook the potatoes slowly without stirring till they are browned next the pan.

Meanwhile soften a generous amount of cottage cheese with cream or milk till it will spread easily. Mix with it any desired seasoning such as chopped parsley or pimientos, a little leftover ham or



Fig. 2.—Cheese and potato croquettes are suitable for luncheon or supper.

bacon, chili sauce or piccalilli, and spread it over the potatoes. Let the mixture stand long enough to warm up the cheese and soften it; then fold over the potatoes, like an omelet, turn it upon a hot platter, and serve at once.

Many persons enjoy the slight acid flavor of the cheese with this dish. If desired, however, the acid of the cheese may be neutralized by adding  $\frac{1}{4}$  teaspoon or more of soda for each cup of cheese.

*Suggested supper menu:*—A little cold meat thinly sliced; hashed brown potatoes with cottage cheese; salad; tea or coffee; warmed-up corn muffins; apple or berry pie.

**CREAMED POTATOES AND COTTAGE CHEESE.**

Reheat cold diced or sliced potatoes in medium white sauce with cottage cheese. (See page 4.) The best seasoning for this sauce is a slice of onion added to the milk while heating and chopped parsley and pimientos;  $\frac{2}{3}$  cup of potatoes and  $\frac{1}{3}$  cup of sauce make a generous serving.

Boiled new potatoes may be served whole with this sauce.

**SALADS AND SALAD DRESSINGS.****COTTAGE CHEESE SALAD.**

Cottage cheese lends itself especially well to salads. If enough is used the salad may serve as the main dish of the meal. French, mayonnaise and boiled dressings all go well with cheese salad. The cheese may be formed into balls or slices, it may be molded in tiny cups, or passed through a pastry tube.

*Variations*:—Foods that combine well with cottage cheese in salads are crisp fresh vegetables; cooked or canned vegetables; fresh, dried, canned or preserved fruits; nuts; olives; rice; potatoes. With the two last, some highly flavored and bright garnish, like pimientos or green peppers, should be used, and celery, cucumbers, green peppers, crisp lettuce or cabbage should be used to add succulence.

*Menu*:—For a hearty luncheon or supper: Tomato soup; cottage cheese and potato salad with French dressing and garnish of sweet pickles and pimientos; oatmeal biscuits; cocoa or coffee; raisin cornmeal cookies.

#### SALAD COMBINATIONS.

2 cups cottage cheese.                      Mix and add salad dressing.  
1 cup pickled beets, cut up.

This makes a very pretty red salad. Serve on crisp lettuce.

1 cup chopped cabbage.              1 cup chopped apple (red  
½ cup chopped celery.              peeling may be left on).

Add cottage cheese salad dressing and serve on lettuce leaf.

#### SALAD DRESSING.

½ cup milk.	1 teaspoon salt.
¼ cup vinegar (not too strong).	1 teaspoon mustard.
1 egg.	½ teaspoon paprika.
1 cup soft cottage cheese.	2 teaspoons flour.
1 cup sour cream, whipped.	1½ teaspoons melted butter.

*Method*:—Mix the dry ingredients together and cream them with the melted butter. Add the creamed mixture to the heated milk and stir until very thick. After the mixture has boiled, add vinegar slowly, stirring all the while. Cool slightly and

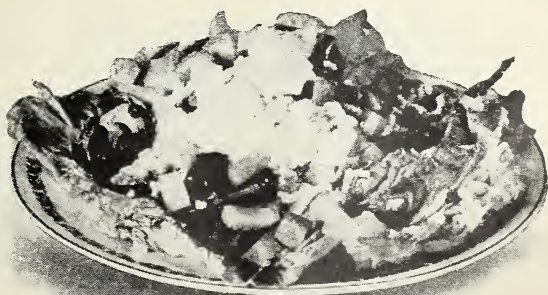


Fig. 3.—Cottage cheese salad, with fruit, an attractive feature of the luncheon.



add beaten egg. Put the cottage cheese through a sieve if necessary to break up lumps. Using an egg beater, beat the cottage cheese gradually into the dressing until smooth. Lastly fold whipped cream into dressing.

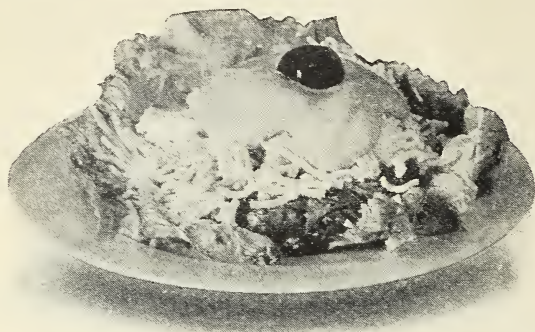


Fig. 4.—Cottage cheese salad dressing adds piquancy to any salad.

#### COOKED SALAD DRESSING WITH COTTAGE CHEESE.

- |  |                               |
|--|-------------------------------|
| $\frac{1}{4}$ tablespoon mustard.      | 4 tablespoons cottage cheese. |
| $\frac{1}{4}$ tablespoon salt.         | $\frac{1}{8}$ teaspoon soda.  |
| 2 tablespoons flour.                   | 2 eggs.                       |
| 1 tablespoon sugar.                    | 2 tablespoons butter.         |
| $\frac{3}{4}$ cup sweet milk.          | $\frac{1}{2}$ cup vinegar.    |
| $\frac{1}{8}$ teaspoon cayenne pepper. |                               |

Rub together the dry ingredients and add egg yolks slightly beaten. Add melted butter, cold milk, and hot vinegar, in the order named, stirring until perfectly smooth. Cook the mixture in a double boiler until thickened. To the stiffly beaten whites of eggs add 4 tablespoons of cottage cheese, which has first been neutralized with the soda, and fold this mixture into the cooked dressing. Set the pan into a bowl of cold water and beat well until cool and smooth.

#### SANDWICHES AND BREADS.

##### COTTAGE CHEESE CLUB SANDWICH.

This sandwich is made of three good-sized slices of toasted bread, one or more being spread thickly with cottage cheese. Lettuce or water cress and salad dressing are also used. The rest of the filling may be varied to suit the taste or the larder. The sandwich is cut diagonally across, and served on an individual plate with the halves arranged in diamond shape. It is desirable to toast the bread on one side only, and to cut it immediately after toasting, as otherwise the pressure of cutting crushes out the cheese and spoils the appearance of the sandwich. The cut slices may be



placed together again while the sandwich is being filled, and the filling may be sliced through with a sharp knife.

*Variations*:—In addition to the cottage cheese, these club sandwiches may contain:

1. Tomato, lettuce, mayonnaise dressing.
2. Thin sliced cold ham spread with mustard, lettuce, mayonnaise.
3. Sliced tart apple, nuts, lettuce, mayonnaise.
4. Sliced orange, watercress, mayonnaise.
5. Sliced Spanish onion, pimiento, lettuce, mayonnaise.
6. Two tiny strips of bacon, lettuce, mayonnaise.
7. Cucumber or green pepper, pimiento, lettuce, mayonnaise.
8. Sweet sandwiches may be made with layers of cottage cheese and marmalade, or a paste made of dried fruits. For these the bread need not be toasted, and the lettuce and mayonnaise should not be used.

*Use*:—As the main dish of a light luncheon or supper.

*Suggested menu*:—Cream soup, cottage cheese club sandwich, tea or coffee, dessert.

#### SANDWICH FILLINGS.

Cottage cheese may be used as a sandwich filling, taking the place of meat or egg filling. Oatmeal, graham and Boston brown bread lend themselves well to cottage cheese sandwiches.

*Variations*:—The cheese may be combined with nuts; grated cheese, pimientos, horse radish, chopped or sliced olives, whole or chopped nuts, sliced celery, chives, Spanish onions, raisins, dates, prunes softened by soaking, freshly crushed mint leaves, honey, jelly, or marmalade. These additions may be blended with the cheese, or may be spread in a layer over it.

*Suggested luncheon or supper menu*:—Brown bread and cottage cheese sandwich; corn on cob or other vegetable; milk or coffee; fruit or made dessert.



Fig. 5.—Cottage cheese club sandwich may serve as the main dish for a light luncheon or supper.

**COTTAGE CHEESE ROLL (UNCOOKED).**

Various loaves or rolls can be made by combining cottage cheese with cold cooked rice or with fresh bread crumbs, and seasoning with horse radish, olives, onion juice, parsley, chopped celery, sage, pimientos, green peppers, grated cheese, or other desired seasoning. Chopped nuts, finely cut celery or cubed cucumbers are pleasing additions. Leftovers of boiled ham, fried bacon, cold meats, salmon, tuna fish, or other fish, may be used to add variety. If desired, the loaf may be rolled, just before serving, in sifted bread crumbs that have been slightly browned in the oven. These rolls are specially attractive if served on a bed of lettuce leaves, shredded lettuce, or grape leaves, and garnished with fresh or cooked vegetables that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

Sweetened rolls may be made for a hearty dessert. These may contain fresh, dried, or candied fruits and nuts, or they may be served with canned or preserved fruits as a garnish. Preserved ginger is particularly delicious served with such a cheese roll. This roll might be sprinkled with almond or macaroon dust, or with dry crumbs made from stale cake.

*Suggested hot weather supper:*—Cottage cheese roll made with rice and leftover salmon, on a bed of lettuce leaves, with mayonnaise dressing; sliced tomatoes; oatmeal bread with nuts; whey lemonade; crisp fifty-fifty raisin cookies.

**FRIED BREAD WITH COTTAGE CHEESE.**

Spread slices of stale bread thickly with cottage cheese, with which pimientos, nut meats, or some marmalade or jelly has been blended. Dip in a mixture of egg and milk, and fry quickly in butter or other fat.

*Variation:*—The egg and milk may be omitted, and the bread may be fried lightly in a very small amount of bacon fat.

**PIES AND PUDDINGS.****COTTAGE CHEESE TART.**

1 1/3 cups cottage cheese.

Whites of 2 eggs beaten stiff.

1/3 cup heavy cream, whipped.

1/3 cup sugar.

2 teaspoons lemon juice.

Few gratings of lemon rind.

2 to 3 tablespoons sweet milk.

Soften the cheese with the milk. Add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of inverted pie tins. Garnish the top of the tart with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or tart.

*Variations:*—Cinnamon or nutmeg may be substituted for lemon in the above recipe.



Fig. 6.—Cottage cheese pie, with conservation crust.

Fresh dried or canned fruits may be folded into the filling just before serving or the top may be garnished with jelly or marmalade or with fresh fruit lightly dusted with powdered sugar.

*Suggested menu:*—Potato puff with nuts, border of vegetables in cream of curry sauce, twice-baked bread or crisp rolls; dressed lettuce or cucumbers; cottage cheese tart, black coffee.

#### CONSERVATION CRUST.

(For two pies.)

$\frac{3}{4}$ cup cornmeal, cornflour or other substitute.	$\frac{3}{4}$ cup wheat flour.
$\frac{3}{4}$ teaspoon baking powder.	1 teaspoon salt.
3 tablespoons shortening.	Cold water to mix (about $\frac{1}{2}$ cup).

Sift together the dry ingredients; cut in the shortening, blending it thoroughly with the dry materials. Mix with dry materials. Mix with very cold water to a rather stiff dough. Roll as thick as can be handled. Line two pie tins and use the trimmings to cross-bar the tops if desired. This crust may be baked before filling the pie, if the nature of the filling makes it desirable.

#### COTTAGE CHEESE PIE.

1 cup cottage cheese.	1 tablespoon melted fat.
$\frac{2}{3}$ cup sugar.	Salt.
$\frac{2}{3}$ cup milk.	$\frac{1}{4}$ teaspoon vanilla.
2 egg yolks, beaten.	

Mix the ingredients in the order given. Bake the pie in one crust. Cool it slightly and cover it with meringue made by adding 2 tablespoons of sugar and  $\frac{1}{2}$  teaspoon of vanilla to the beaten whites of 2 eggs and brown it in a slow oven.—N. Y. State Col. Agr.



**SPICED CHEESE PUDDING.**

2 slices stale bread.	$\frac{1}{2}$ cup sugar.
2 eggs.	$\frac{3}{4}$ cup seeded raisins.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ teaspoon allspice.
1 cup milk.	$\frac{1}{4}$ teaspoon mace.
1 cup cottage cheese.	$\frac{1}{4}$ teaspoon cloves.
$\frac{1}{4}$ teaspoon soda.	

Cut the bread into cubes and place in a greased baking dish. Beat the yolks and whites of the eggs separately. Blend with yolks the milk, salt and sugar, and cheese, to which has been added

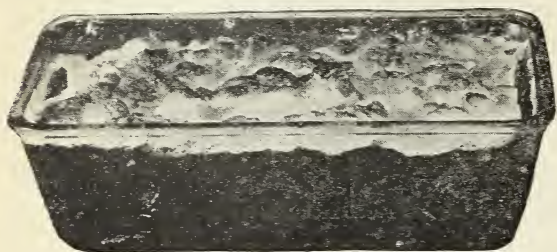


Fig. 7.—Spiced cottage cheese pudding, a delicious and wholesome dessert.

the soda. Add the spice and chopped raisins and lastly fold in the stiffly beaten whites. Pour this mixture over the cubes of bread and bake like a custard in a moderate oven.

If desired the white of 1 egg may be beaten separately, sweetened with 1 tablespoon of sugar, and spread over the top of the pudding just before removing it from the oven.

Corn muffins or cold rice cooked dry and flaky may be substituted for bread.

**USES OF WHEY.****WHEY HONEY.**

1 cup whey.	$\frac{1}{2}$ cup corn syrup.
$\frac{1}{3}$ cup sugar, or	

Mix whey and sugar and boil the mixture till it is of the consistency of strained honey. This syrup will keep indefinitely if properly bottled and is delicious for spreading on waffles or pancakes. Used a little thinner it makes an excellent pudding sauce. Since it requires no thickening, it is the easiest possible sauce to make.

**WHEY LEMONADE AND PUNCH.**

1 quart whey.	Slices of lemon or a little
6 tablespoons sugar.	grated or diced rind, nut-
Juice of 2 lemons.	meg or cinnamon.

Mix, chill and serve as a beverage.



*Variations*:—Double the amount of lemon juice and of sugar, and add other fruit juices and a little fruit cut in small pieces. This transforms whey lemonade into whey punch. Set the punch away to chill and ripen, and serve with crushed ice if desired. Rhubarb, pineapple, grape, currant and cherry juices lend themselves well to whey punch. A sprig of freshly crushed mint is sometimes added. Nutmeg or cinnamon will overcome any characteristic whey flavor.

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10. Plenty of Potatoes.
11. Milk the Best Food We Have.
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13. Let the Fireless Cooker Help You Conquer.
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